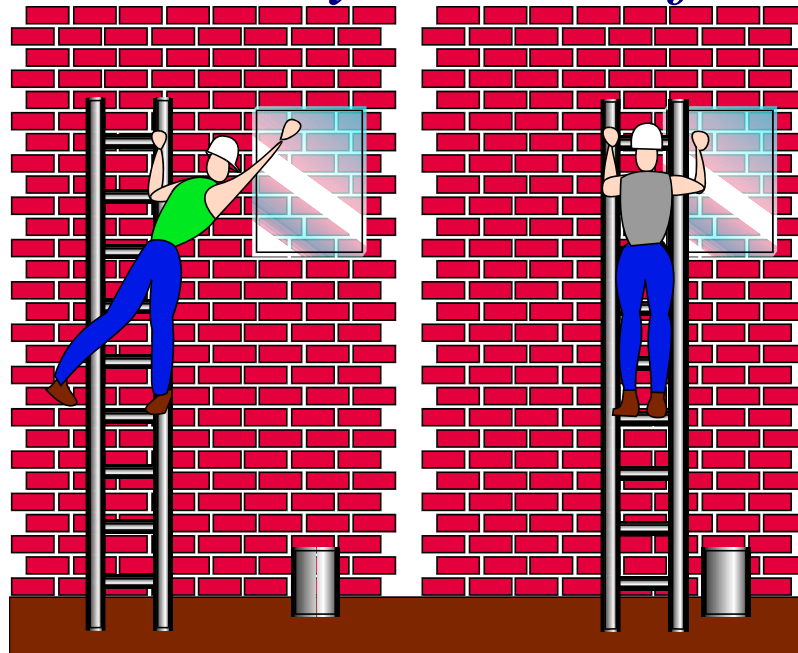


Ladder Safety Training

Ladder Safety

*“No matter how quickly a job can be done,
there is always time to fall”*



Unsafe

Safe

Ladder Safety - Objectives

Participants will be able to:

- Discriminate between safe and unsafe ladder practices
- Describe correct practices when ascending and descending a ladder
- Describe correct practices for using extension ladders

Ladder Safety

Follow these four simple steps in ladder safety:

- Use the right ladder for the job
- Inspect the ladder
- Set-up the ladder properly
- Follow rules for climbing and using ladders

Ladder Safety

Don't:

- overreach from a ladder
- use the top two rungs
- use wood or metal ladders
- move a ladder while on it
- climb with material
- share a ladder

Do:

- move the ladder
- get a taller ladder
- use fiberglass only
- get down and move the ladder
- use a toolbelt
- get a 2nd ladder

Ladder Safety

Always:

- Maintain three points of contact with the ladder at all times
- Maintain the center line of your body between the ladder's vertical support rails while working
- Check bottom of shoes and ladder rungs for grease and dirt

Ladder Safety

Always:

- Make sure ladder has non-skid pads
- Ensure spreaders are fully extended and locked
- Test pulleys, springs, rung locks and ropes on extension ladders
- Store ladders on their side or secure with a chain or cable when stored in an upright position

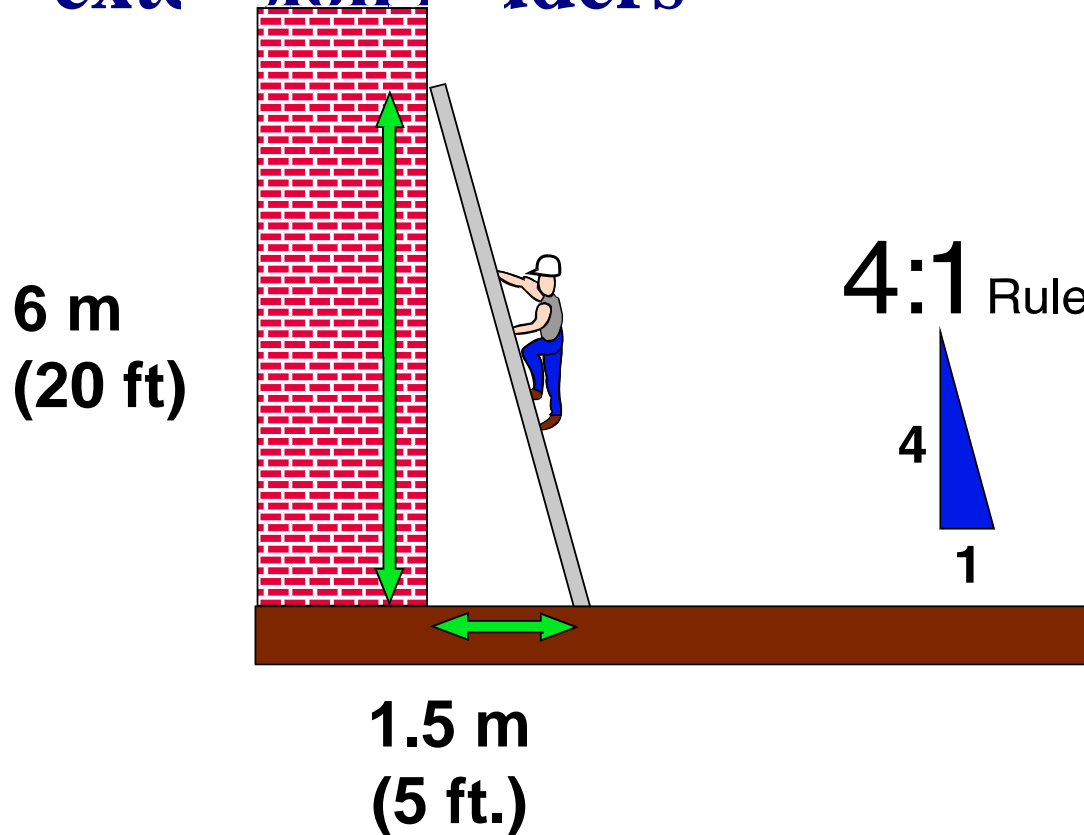
Ladder Safety

Extension ladders:

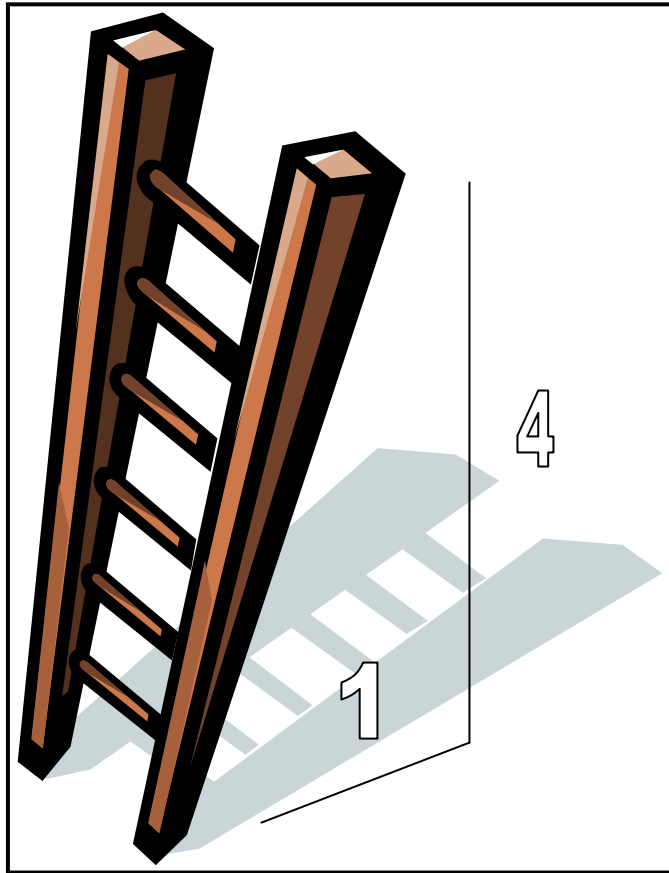
- A minimum of 1 metre overlap is required
- Must be secured at the top
- Must have area secured with cones or barrier tape, or have an attendant

Ladder Safety

Follow the 4:1 rule when using extension ladders



Ladder Safety



- DO NOT CLIMB WITH MATERIAL.
- MAKE SURE LADDER IS SECURE BEFORE CLIMBING.
- ALWAYS TAKE CARE CLIMBING OR COMING DOWN THE LADDER
- ENSURE THE STEPS ARE CLEAN.
- BE AWARE OF THE OPEN ACCESS AREA AT TOP.

Ladder Safety

Step Ladder Safety

Check condition of ladder - don't exceed maximum load.

Lock spreaders before climbing the ladder.

Never climb past the second rung from the top.

Don't overreach or lean over - reposition the ladder instead.

Don't use metal ladders working with electrical current.

Hold onto ladder with one hand at all times.

Check ladder rungs for slippery substances.

Wear slip resistant footwear.

If necessary, lock/barricade doors and walkways to prevent collisions.

Use common sense!!

